

HEALTH PSYCHOLOGY (PSYC 345)
Fall, 2014

SYLLABUS

<u>DATE</u>	<u>CLASS TOPIC</u>	<u>ASSIGNMENT DUE</u>
8/25	Course overview & expectations Discussion groups; Class exercise	
8/27	Health Belief Models & Behavior Change	W&T, Chaps 1 & 2
8/29	Self-Direction Project: Step 2 (pp. 75-76)	Due at or before 11:59 p.m.
9/1	Labor Day – No Class	
STRESS & DISEASE		
9/3	Stress Definitions & Physiology	Sapolsky, Chaps. 1 & 2
9/8	Stress & heart disease (CAD)	Sapolsky, Chaps. 3
9/10	Stress & Diabetes Challenge of behavior management	Sapolsky, Chap. 4 W&T Chap 3
9/12	Self-Direction Project: Step 3 (p. 124)	Due at or before 11:59 p.m.
9/15	Psychoneuroimmunology Stress and immune disorders	Sapolsky, Chap. 8
9/17	The impact of stress Why is stress so stressful?	Sapolsky, Chaps. 13 & 14
9/22	Personality, temperament & health Optimism and health	Sapolsky, Chap. 15 Article, Seligman (OwlSp) Optimism Test (link on OwlSp) http://www.authentichappiness.sas.upenn.edu/register.aspx
9/24	Placebo effect Relaxation training/hypnosis	W&T, Chaps 4 & 5 Shapiro & Shapiro (OwlSp) Sapolsky, Ch. 9
9/26	Self-Direction Project: Step 5 (p. 186)	Due at or before 11:59 p.m.
9/29	Test 1	

DATE	CLASS TOPIC	ASSIGNMENT DUE
CHRONIC DISEASE – THE PATIENTS’ EXPERIENCE		
10/1	The nature of chronic disease: Terminology and concepts	Kleinman, Chap. 1 Warraich (OwlSp)
10/6	Chronic Disease: Identity Disruption & loss Discussion: Actions, thoughts & feelings	Kleinman, Chap 2 W&T Chap 6
10/8	Anxiety and symptom presentation “Illness as a creative solution”	Kleinman, Chaps. 3, 4 & 13
10/10	Self-Direction Project: Step 6 (p. 232)	Due at or before 11:59 p.m.
10/13	MID-SEMESTER BREAK – No Class	
10/15	Stigma & Disclosure: HIV Disease	Kleinman, Chap. 10 Antoniou et al. (OwlSp)
10/20	Cultural influences, conflicting explanatory models & the social context of chronicity	Kleinman, Chap. 6 Kleinman, Chs. 7 & 11 (pp.170-182)
10/22	Social impact on health & healthcare	Sapolsky, Chap. 17 Pellowski et al. (OwlSp)
10/27	Families and caregivers Guests: Caregiver Panel	Kleinman, Chaps. 11 (pp. 182-186)
10/29	Patient-doctor relations & iatrogenesis Gender, health and healthcare	Youtube: “Preventing Medication Errors” Wade (OwlSp) Amaro (OwlSp)
APPLICATIONS OF PSYCHOLOGY IN HEALTHCARE SETTINGS		
11/3	Clinical research – Cancer & body image Guest: Dr. Michelle Fingarette	Fingarette articles (OwlSp)
11/5	Health-compromising behaviors and Challenges of behavior change in obesity	Taylor, Health Behaviors (OwlSp) W&T, Chap 7
11/7	Self-Direction Project: Step 7 (p. 280)	Due at or before 11:59 p.m.
11/10	Terminal illness Hospice and palliative Care Guest: Ann Dare, LMSW (Houston Hospice)	Kleinman, Chap. 9 Sapolsky, Chap. 12

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11/12	Chronic pain	Straub, Ch. 14 (OwlSp) Kleinman, Chap. 5
11/17	Test #2	
11/19	Assessment of Client Behavior for Heart Transplant Guest: Beth Mosele	W&T Chap. 8
11/24	Pastoral Counseling Guest: Brent Peery, Memorial Hermann	Self-Direction: Step 8 (p. 306) Due at or before 11:59 p.m.
11/26	Thanksgiving – No Class	
12/1	Living with HIV Guest: Keville Ware	No assignment
12/3	Group Discussion: Wrap-up & Relapse Prevention	W&T Chap. 9 & 10
12/5	Self-Direction Project: Step 9 (p. 332-334)	Due at or before 11:59 p.m.
12/10-12/15	Self-scheduled take-home final (open book, 2 hours)	